**Kids These Days**
Human Capital and the Making of Millennials

**Malcolm Harris**
(b. 1988)

**Wake County Medical Society**

**Book Club Meeting**
To be held at the WCMS offices with a light dinner to be served.
Jan. 29, 2019 • 6:00 p.m.

**Book Selection**
"Kids These Days"
by Malcolm Harris

"Being under thirty-five is now correlated with poverty wages."

**Please Join Us!**

**MARK YOUR CALENDAR**

**IS “THE TRUTH OUT THERE”?**
Jarrett Barnhill, MD, DFAPA, FAACAP

**THE SCIENCE OF MIND,**
21ST CENTURY PERSPECTIVE
Assad Meymandi, MD, PhD, DSc (Hon), DLFAPA

**WCMS SOCIETY NEWS**
The Wake County Medical Society is inviting its members to write articles for upcoming issues of the Wake County Physician Magazine. Wake County Medical Society members wishing to write an article for publication are asked to submit a brief five sentence proposal.

Proposed article summaries could focus on your first person accounts of the personal side of practicing medicine (e.g., a patient overcoming all odds and achieving a positive outcome, experience with grief/overcoming grief, your best day practicing medicine, or care management success stories, etc.) or any other human interest story that might appeal to our readership—keeping in mind that anything resembling promotion of a current practice or practitioner, or taking a political stance would not be usable, with the final say on such matters resting with the editorial board. Please email your brief proposal to Paul Harrison, editor, by March 8, 2019 at pharrison@wakedocs.org.

We would like to include your article in our next publication—April 2019 which will be posted on our website. Thanks!

Paul Harrison
For members of the X-Files fan club, the search for that Truth spread across 8 seasons, syndication, several BBC marathons, two movies, and two resurrections series. The Truth remained elusive but for those of us who were devoted fans, the unconsummated search was worth the effort. Mulder and Scully evolved along with portable to real cell phones; personal computers, neuroimaging lab studies, and alien spacecraft, rental cars and plot themes. To watch this show was to not only suspend disbelief, but to immerse oneself in endless government conspiracies, black op soldiers answering only to the “smoking man”, endless alien spacecraft/abductions and the mysterious, international cabal of alien-human co-conspirators. Ironically, the “X-Files” may have prepared us to deal with the apocalyptic voices re-emerging as the apocalypse of Y2K, 911 conspiracies, Mueller investigation, and a new generation of fake news, kidnapped social media and cyber-Cold Warfare.

The “X-Files” had enough fantastic plots to keep even the most dedicated conspiracy theory wonks well stocked the next few decades. I still sit through X-File marathons searching for the “Truth”, but never found it. So, I added “Dr. Who” to my limited list of TV shows (NCIS and Star Trek marathons are the others). The rational side of me sees these preferences as addictions, while the hedonic drive within sees these just plain enjoyable. I suppose this resurrects Sigmund Freud’s old adage: “sometimes a cigar is just a good cigar”. The how are we to tell the difference; who believes it; what is going on with cynics and deniers, where can start to change it. For now, we’ll blame the problems on hormones and neurotransmitters.

In this same 50-year period, there was a parade of rivals schlepping around out there. Perhaps the most tragic for many was the attack on the World Trade Center. The repetitive/ruminative images of jets crashing into the Towers, their collapse, people desperately trying to escape the Inferno of collapsing buildings are all stamped into our memories. The unifying power of this tragedy awakened a relatively short-lived sense of unity and oneness but also awakened the dark side of the captivating novel idea of an oxytocin rush. For many, the “love hormone” (euphemism for oxytocin) helped create an emotional unification, but it also plays a role in generating an intense need to defend our nest against the foreign “terrorists”. Unfortunately, there is a downside. Many Middle Easterners, Muslim-Americans, and other Asians and people of color were hit by waves and waves of xenophobic collectivism— all of “them” are terrorists. The intensity of this reaction seemed to vary along “tribal” lines. The tribalization of America was an emerging concept at that time, eventually evolving into a form of cultural group divisions based on a sense of exaggerated exclusion; shared educational, socio-economic, disenfranchisement, alienation, need for authority and uncertainty over jobs, and perceived sense of little or no political power. Embedded in the process was a spectrum of exaggerated beliefs about individualism and a growing sense of external threat. Movement between these fault lines are still reverberating through many of our social and political attitudes today. This third “Great Awakening” of religio-political fervor shares a faint resemblance to much older millenarian and apocalyptic traditions. Many historians see the first Great Awakenings as harbingers of the American Revolution and Civil War.

The aura of retribution hinted at our version of a “holy war” against our enemies. Then President George W Bush (“W”) proclaimed that you “were with us or against us”. There was a captivating horror of watching the military buildup on CNN then the transformation of Operation Desert Shield, the opening with the air war, worries about WMDs, and the 100-hour sprint through Kuwait during Desert Storm. Desert Storm left us in shock and awe in 2002-2004. The definition of victory was uncertain after “W” announcement of Mission Accomplished. He forgot to mention the endless war in Afghanistan. The end of war is not a point, and the so-called “post war period” is filled with darker angels which are unleashed in fury. This is not a new phenomenon. Historically, there was an ancient warning about fuzzy end points such as the conflicts over Tories, and the structure of America after the revolution; the shadows of Reconstruction after the Civil War, and the gravity waves emitted during the Vietnam Era.

For those of alive in the late 1960-early 1970’s the Pentagon Papers and Watergate captured a generation of pre-electronic types who were fed news from only four TV channels, a much
in our description would probably vanish if we were already in a position to replace the psychological terms with physiological or chemical ones... We may expect [physiology and chemistry] to give the most surprising information and we

Adirondacks with Putnam, which guaranteed the wide spread of psychoanalysis in America. The roots of American psychoanalysis are indeed deeply rooted in biological soil. In 1966, when I was the director of Cumberland County Mental Health Center, I applied for a grant for the Head Start program. I used a study by Karolinska Institute, which was published in the Acta Physiologica Scandinavica, and The Lancet demonstrating that fetal central nervous systems (CNS) exposed to excess secretion of maternal catecholamine, especially the powerful metabolites, metanephrines, vanillylmandelic acid, and 3-methoxy-4-hydroxyphenylglycol (MHPG), produce babies that are more irritable, scrappy, cranky, susceptible to attention deficit hyperactivity disorder (ADHD), and prone to anxiety, phobia, and social maladjustment. President Kennedy, having had mental illness and mental retardation in his family, launched an extensive program of community-centered care for patients. President Johnson, who followed Kennedy, established the “Head Start” program, which encouraged the community to reach out to at-risk children at a very young age. Being armed with the knowledge out of

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in preparing for this essay, I was drawn to the psychoanalytic literature of the late 19th and early 20th century. The further I dug, however, the more it became obvious that psychoanalysis did NOT start with Freud. Many of Freud’s teachers and predecessors had expounded on the theory of the unconscious. Plato, Shakespeare, Kant, Schopenhauer, and Nietzsche have all dealt with and expounded on the possibility of the unconscious, the soul, and metaphysics. In fact, I was taken all the way back to Aristotle, a student of Plato at Plato’s Academy and later a rival of Plato when Aristotle became angry and established his own school, the Lyceum. Aristotle’s writings are very organized and detailed, making the reader feel as if he or she is biting into stone. Aristotle argued a lot to say about the psyche (soul), God, ether, and metaphysical phenomena. Psychoanalysis is based on the concept that individuals are unaware of the many factors that cause their behavior and emotions. These unconscious factors have the potential to produce unhappiness, which in turn is expressed through a score of distinguishable symptoms, including disturbing personality traits, difficulty in relating to others, or disturbances in self-esteem or general disposition. Psychoanalysis thrived in the first 60 to 70 years of the 20th century, but experts fear the threatened demise of the field. What is the answer? The answer lies with unifying psychoanalysis with biological sciences.

In a recent discussion with an academic colleague, who identified the 20th century’s greatest achievement as the discovery of the atomic bomb, I suggested rather forcefully that the most significant contribution of the 20th century was the advancement of Father Gregor Mendel’s genetics through the discovery, by James Watson and Francis Crick in 1953, of ribonucleic acid (RNA) and deoxyribonucleic acid (DNA). Watson and Crick were awarded the Nobel Prize for Medicine or Physiology in 1962. In 2003, we celebrated the 50th anniversary of the discovery of DNA at the University of North Carolina and Research Triangle Park by having Dr. James Watson among us. In my opinion, the understanding of DNA, and subsequent expansion of the knowledge and advancement of human genome project, which was completed in 2003 by Dr. Craig Venter from the Institute for Genomic Research, is the greatest achievement of the 20th century. Now, in the 21st century, with wars being fought all over the globe and with humana killing humana for a few pieces of mud prized as land, the need for understanding human behavior makes psychoanalytic research more urgent. I believe we have the opportunity to develop further understanding of ourselves through an exciting new science, the science of mind. Studying the science of the mind can further the development of the transdisciplinary approach to understanding what it is to be human. If the 20th century was known for the discovery of DNA, genetics of sex, and genomics, then the 21st century will be known for the discovery and understanding of the science of mind. And the promise of establishing such a discipline rests with expounding psychoanalysis with biological sciences, neuroscience, and neurobiology.

Of course, the concept of scientific understanding of the mind is not new. Sigmund Freud, in Beyond the Pleasure Principle, wrote there is an increase in plasma adrenocorticotropic hormone (ACTH) and glucocorticoid in response to stress. Thus, differences in an infant’s interactions with his or her mother—differences that fall in the range of naturally occurring individual differences in maternal care—are crucial factors for an individual’s future response to stress. In the same book, Freud further elaborated, “The deficiencies cannot guess what answers it will return in a few dozen years of questions we have put to it. They may be of a kind that will blow away the whole of our artificial structure of hypothesis…” In his classic paper, “On narcissism,” Freud wrote, “We must recollect that all of our provisional ideas in psychology will presumably one day be based on an organic substructure.” A little over 100 years ago, Freud was invited, along with his colleague Carl Jung, to Clark University, in Worcester, Massachusetts, to give a series of lectures entitled, “Psychology and Pedagogy.” He met many American academicians, including Adolph Myers of the Johns Hopkins University and Harvard neurologist J. J. Putnam. We know that Putnam became the first president of the American Psychoanalytic Association, suggesting strong organic and scientific propensity of early psychoanalytic endeavors. After the lectures, Freud and Jung spent four days at the Putnam camp in
who invoked the romantic notion that components of the limbic system,(mapping of the brain's limbic of the essence of what memory the same table. psychoanalysis and biology to dine at the possibilities and hope to bring The book is an in-depth exploration of sleep, memory, and the unconscious.  

Milan, Italy, and Training Analyst of Psychoanalysis and Neuroscience. in sleep regulation, memory, and exciting discoveries in the area of neurobiologist, and psychoanalyst, entitled, "The role of the interrelation American Journal of Psychiatry in 1967 with subsequent published in 1993 with the discovery of rapid tapestry of biology. There are many example of where psychophysiologic eye movement (REM) sleep by McLean, would stimulate the centrum medianum of the hypothalamus, which McLean identified, through a stereotype technique, a midline depression that depressed pupils, engorged neck veins, and sympathetic system overtake. McLean would stimulate the ventral nucleus of the hypothalamus, just a few millimeters caudally from the first site. By stimulating this region, the subject would take a deep breath, smile, and demonstrate the physiological manifestation of the parasympathetic discharge. The future possibilities of psychoanalysis working together with neuroscience and biology are dazzling.

That we are in the 21st century, we need a modern Freud to orchestrate the disparate parts of psychoanalysis, biological sciences, psychiatry, neurology, and neurobiology to produce a better understanding of the rich symphony of mind and ultimately life. We do have a few contemporary Freuds—one is Eric Kendal, whose most recent book, *The Science of the Mind*, I reviewed two years ago in the pages of *The Ohio Psychologist*. Dr. Kendal, a Nobel Laureate psychiatrist and professor at Columbia University, is dedicated to save psychoanalysis and pump vigorous life into this elegant field, we need to bring about the fusion of the neurological and psychological and biology. Otherwise, there is a widespread concern about viability of psychoanalysis as a scientific discipline. For example, Jonathan Lear and others have argued that psychoanalysis and psychiatric outcome from Freud's methods to Erickson to Winnicott, will be read as a modern philosophical or poetic text alongside Plato, Aristotle, Shakespeare, Husserl, Nietzsche, and Proust (the literature I went through for preparation of this essay). On the other hand, if the field aspires, as I believe most psychiatrists do aspire, to be an evolving, active contributor to an emerging science of the mind, then psychoanalysis will survive. There is no doubt that Dr. Kendal did and can make many useful and original contributions to our understanding of the mechanisms and apply them to their patients. We must, at last, acknowledge that, at this point in the modern study of mind, clinical psychoanalysis by definition must occur. As Eissler (1908-1999) and Dahl (1924–2007) once said, "the psychoanalytic situation that is so susceptible to observer bias is not a sufficient basis for a science of mind." Psychoanalytic research is only beginning from opportunities to add more knowledge.

Marshall Edelson in his book *Hypothesis and Evidence* offers the persuasive argument that the holy marriage between psychoanalysis and biology must take place—"...and our psyche is as much a biology together." All of these pioneer psychoanalysts follow the notions of Freud and recommend, follow, continuous, and most intense congruence between psychoanalysis and biology. Many argue passionately that psychoanalysis is falling behind.

Biology carries the promise of reinvigorating the psychoanalytic exploration of mind. I should say at the beginning that I am not a neurologist. Dr. Kendal, a Nobel Laureate psychiatrist and professor at Columbia University, is dedicated to save psychoanalysis and pump vigorous life into this elegant field, we need to bring about the fusion of the neurological and psychological and biology. Otherwise, there is a widespread concern about viability of psychoanalysis as a scientific discipline. For example, Jonathan Lear and others have argued that psychoanalysis and psychiatric outcome from Freud's methods to Erickson to Winnicott, will be read as a modern philosophical or poetic text alongside Plato, Aristotle, Shakespeare, Husserl, Nietzsche, and Proust (the literature I went through for preparation of this essay). On the other hand, if the field aspires, as I believe most psychiatrists do aspire, to be an evolving, active contributor to an emerging science of the mind, then psychoanalysis will survive. There is no doubt that Dr. Kendal did and can make many useful and original contributions to our understanding of the mechanisms and apply them to their patients. We must, at last, acknowledge that, at this point in the modern study of mind, clinical psychoanalysis by definition must occur. As Eissler (1908-1999) and Dahl (1924–2007) once said, "the psychoanalytic situation that is so susceptible to observer bias is not a sufficient basis for a science of mind." Psychoanalytic research is only beginning from opportunities to add more knowledge.

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Tips on financial Planning and Retirement for Physicians

On October 16, 2018, Elizabeth McCullough and Rudy Ogburn with Young, Moore and Henderson, P.A. (law practice) and Kathleen Burkett with Triangle Securities, Inc., provided a presentation on financial planning and retirement for physicians and practice considerations in transitioning to retirement. The financial planning component included: planning for longevity, how much to save, how to invest, use of revocable living trusts, and maximizing social security options among other topics. Practice management consideration topics included: practice planning for the unexpected, notification requirements for change in status, preservation of patient records requirements and established written practice plans to cover the interruption of support staff or business interruption insurance. §

At the WCMS Executive Council meeting held November 13, 2018, Doug Holmes was voted as the WCMS 2019 President. He is shown giving Bob Munt, the out-going president, a gift plaque.

slower news cycle. The Erving Watergate hearings, co-starring Howard Baker, kidnapped a dear of mine at the anything but dissertation stage of doctorate in neuroscience. He morphed from a studious, workaholic into Watergate-aholic. He became the human equivalent of a lever pushing lab rat with electrodes stimulating his median forebrain bundle/nucleus accumbens. He lost weight, gave up running, his girlfriend, and nearly flunked out of his program. He was my first experience with behavioral addiction as a conspecific of with cocaine addiction.

Today we receive a continuous IV drip of news. One version vehemently disclaims the findings of others as fake news but seems willing to tolerate a collapse of morality and ethics. Machiavelli might be proud. In addition, we have a new cadre of celebrity lawyers, Dueling experts, unnamed sources, and “flipped staffers” to keep any 24-hour news junky on a real high, but terrified of serious withdrawal system if a snowstorm high, but terrified of serious

are in the next DSM-5 as a serious mental disorder.

In this surreal alternative universe, perhaps we need to call on Assistant Director Skinner, Scully and Mulder to resurrect the X-Files. What happens if the search for the TRUTH ends up in a philosophical Dead on Arrival. If TRUTH is dead, then everything is possible. Are we in an era when the news is as fantastical as any science fiction? The “end-of-the-world” is near and the millennials and others are creating a list of anti-Christ’s drawn from daily TV news programming.

I abduced all of you in order to run experiments on you unsuspecting Earthlings. In a perverse way, I am transporting back in time to the fury of millenarianism that waxed and waned in the Medieval and Early Modern Europe. The odd thing is that we are in an era when the expansion of science and technology are as rapid as melting glaciers and disappearing species. The irony is that if a space alien was monitoring us he might describe us as a savage species who values fits of sci-fi programming.

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JANUARY 9
12:00 – 1:00 pm - UNC REX Healthcare - Quick and Easy Heart Healthy Meals
NC Heart & Vascular Hospital, 4420 Lake Boone Trail, Raleigh. New Year - new meal plans! During this one-hour class Shelly Wegman, RD, LDN will show participants how to make healthy recipes using various techniques including the Instant Pot™ and sheet pans to make meal prep hassle free. Participants will enjoy sampling of the foods and leave with both the recipes and skills to prepare these meals on their own. Cost $20.
Register with UNC Rex Healthcare.

JANUARY 12
11:00 am – 1:00 pm – Personal Development - Effective Communication with Rebecca Leonard Ph.D., (offered by WCMS Alliance), NC Heart & Vascular Hospital, Innovation & Learning Center on Level 1, 4420 Lake Boone Trail, Raleigh. This event open to the public. Register on Eventbrite. For more information, contact Zohra Osman, WCMSA President, 919-720-1797, medicalalliancewakecounty@gmail.com.

Rebecca Leonard, PhD is an Associate Professor Emerita of Communication at NC State University and currently teaches in the Osher Lifelong Learning Institute at NCSU. Interpersonal problems frequently occur in our personal and professional relationships. In this workshop, participants will learn about three approaches to interpersonal problem solving: passivity, aggression, and assertion.

“Assertiveness is the ability to communicate the full range of your thoughts and emotions with confidence and skill.” - Ronald Adler

JANUARY 20
3:00 - 4:30 pm - Volunteering Opportunity, (offered by WCMS Alliance), Oak City Outreach, Person Street, Raleigh. Volunteer opportunity to serve a meal at the Soup Kitchen. Minimum age of 14 years. Must be accompanied by an adult. Seven servers are requested. Contact Ginny McKay by text 919-673-2320 or Zohra Osman.

JANUARY 30
6:30 – 8:30 pm - Physician Wellness Development - Prevent Physician Burnout with Clark Gaither, MD, FAAP, author of Reignite.
North Hills, Raleigh.

Do you know someone who appears burned out? Learn how to recognize, reignite and overcome the challenges of job-related burnout. Come join us for dinner and to hear from Dr. Gaither. Event arranged by WCMS Alliance for physicians and spouses/partners.

FEBRUARY 13
12:30 pm – Pay-It-Forward Opportunity (offered by WCMS Alliance), A Place at the Table, 300 W. Hargett Street, Raleigh. Lunch and conversation with multiple options to pay-it-forward.
Contact Ginny McKay by text 919-673-2320 or Zohra Osman.

MARCH 20
11:30 am – WCMS Alliance - FASHION FOR FUNDS - Fashion Show, Luncheon, and Silent Auction benefitting the Poe Center for Health Education Substance Use Prevention Programs. North Hills Club, 4824 Yadkin Drive, Raleigh. Contact Event Chairs Kimberly Durland and Dorothy Nance at medicalalliancewakecounty@gmail.com

MARCH TBA
Doctors’ Day Family Time Celebrate Physicians and Family
Location, date and time to be announced. Watch your emails for communication.

The first Doctors’ Day was observed in 1933 in Barrow County, Georgia. Over the years, observations were organized by the Southern Medical Association Alliance. United States legislation in 1990 designated March 30 as “National Doctors’ Day” recognizing “society owes a debt of gratitude to physicians for the contributions of physicians in enlarging the reservoir of scientific knowledge increasing the number of scientific tools, and expanding the ability of health professionals to use the knowledge and tools effectively in the never ending fight against disease and society owes a debt of gratitude to physicians for the sympathy and compassion of physicians in ministering to the sick and in alleviating human suffering.” For information on National Doctor’s Day visit SMA.org

Wake County Medical Society Alliance
We are a nonprofit organization comprised of physicians spouses and physicians residing in Wake County.

Membership provides many opportunities such as social gatherings, educational events and fundraising for local charities with health related missions.

Feel free to join us at any of our EVENTS. The level of your involvement is up to you, however your annual dues are important in continuing our community projects.

Visit WCMS/Alliance to view our event calendar online.
CURRENT PROGRAMS

Project Access - A physician-led volunteer medical specialty service program for the poor, uninsured men, women, and children of Wake County.

Community Care of Wake and Johnston Counties CCWJC has created private and public partnerships to improve performance with disease management initiatives such as asthma and diabetes for ACCESS Medicaid recipients.

CapitalCare Collaborative - The CCC program is a membership of safety net providers working corroboratively to develop initiatives to improve the health of the region’s medically underserved such as asthma and diabetes for Medicaid and Medicare recipients.

WHY JOIN

Membership in the Wake County Medical Society is one of the most important and effective ways for physicians, collectively, to be part of the solution to our many health care challenges.

A strong, vibrant Society will always have the ear of legislators because they respect the fact that doctors are uniquely qualified to help form health policies that work as intended.

It’s heartening to know the vast majority of Wake County physicians, more than 700 to date, have chosen to become members of the Wake County Medical Society.

HOW TO JOIN

To become a member of the Wake County Medical Society contact Paul Harrison at pharrison@wakedocs.org or by phone at 919.923-2442

A portion of your dues supports the volunteer and service programs of WCMS. Membership is also available for PA’s. There is even an opportunity for your spouse to get involved by joining the Wake County Medical Society Alliance.

WCMS MISSION

To serve and represent the interests of our physicians; to promote the health of all people in Wake County; and to uphold the highest ethical practice of medicine.

ENJOY THE REWARDS OF BEING A MEMBER

JOIN TODAY!

The Wake County Medical Society (WCMS) is a 501 (c) 6 nonprofit organization that serves the licensed physicians and physician assistants of Wake County. Chartered in 1903 by the North Carolina Medical Society.